

Household Hints

WOMAN'S REALM

Latest Styles

Caroline Chatfield Says Today

Title Registered, U. S. Patent Office

Sentimentalists Have Hard Time in 1942.

DEAR MISS CHATFIELD:

She's a widow and since I have known her she has worn a diamond ring which her husband gave her. I gave her a larger stone for a Christmas present and assumed she would wear only mine. She simply shifted the smaller stone to the other hand and continued to wear it. Every time I look at her hands I get angry. Isn't it as little as a woman can do to take off the jewelry her husband gave her when she accepts jewelry from her fiancé?

A READER.

ANSWER:

Friend, don't you know that for one more diamond, a jewel-lovin' woman would put a man's heart in a lemon squeezer, squeeze it hard and never have a thought for his discomfiture? Also don't you know that this is not an age of sentiment and those who look for it are doomed to disappointment. One of the two things you must do: either try to get the lady's point of view or try to give her yours. Here's probably something like this: she's always wanted two rings and now she has them. Why not wear them? If it has occurred to her that the old ring might arouse your jealousy, she's argued that the time to take it off is when you complain; not before.

When a man and woman reach the diamond ring stage they should have a fair understanding of each other and be well on their respective ways to adjusting to each other. All of which requires right smart conversation on many subjects. So in the effort to acquaint the lady with your view point you should tell her in plain words that your sensibilities are offended by her continuing to wear the ring of number one and that it would make you much easier in mind if she could see her way clear to wear only yours.

For yourself, you should adopt a practical attitude to the subject and refrain from asking your fiancé to dispose of her diamond. Diamonds are money in any language, in any land, and a diamond in the bank box is a mite of insurance laid away for a rainy day, if one should come. Also you should remember that while a ring is a more personal thing than real estate, stocks and bonds, since you aren't urging the widow to give up these inheritances, if any, there's no logical reason why you should be more exacting about jewelry.

In this hard boiled age it's sort of comforting to know there are a few softies left, people who are unashamedly sentimental and don't care who knows it.

CAROLINE CHATFIELD.

Problems of general interest submitted by readers will be discussed in this column. Letters unsuitable for publication will be answered personally provided they contain stamped, self-addressed envelope. All names are held in confidence. Write Miss Chatfield, in care of this newspaper.

MODERN MENUS

Cheaper Meat Cuts Are Nutritious

BY MRS. GAYNOR MADDOX
NEA Service Staff Writer

The less expensive cuts of meat fit handily into those hearty dishes outdoor appetites demand. Here are some "proofs of the pudding" for your family and for your kioskier guests.

BEEF A LA MODE (Serves 8 to 10)

Five pounds brisket of beef, 4 large onions, quartered; 8 carrots, split lengthwise; 3 bay leaves, 2 cloves garlic, 1-2 teaspoon thyme, 1-2 teaspoon whole cloves, salt, pepper, 3 quarts of broth. Brown meat in hot beef fat. Place in large pot with vegetables. Pour in broth, just to cover. Add seasonings. Cover. Bring to a boil, then reduce to simmer and continue to simmer (not boil) for 3-4 hours. Remove meat, slice and serve with portion of vegetables.

ROLLED FLANK STEAK (Serves 4)

One flank steak, 1-4 pound salt pork sliced thin, salt and pepper, cayenne, flour, 2 tablespoons bacon fat, 1-2 cup canned tomatoes, 1 small can mushroom pieces and liquid. Using sharp knife, score meat across the grain. Place strips of pork on meat lengthwise. Roll meat and fasten with skewers.

Slice crosswise into 1 inch pieces. Tie each piece securely. Season and dust with flour. Place in large baking dish. Pour in tomatoes, mushrooms and juices. Cover and simmer in moderate oven (325 degrees F.) until tender, adding more liquid if necessary.

This lemon sauce poured over slices of steak makes a hefty low cost dessert for winter sportsmen.

LEMON SAUCE

One cup hot water, 1-2 cup sugar, 2 tablespoons cornstarch, 1 egg, beaten, 1-2 teaspoon salt, juice of one lemon. Mix cornstarch, salt, and sugar together, add egg. Pour hot water and lemon juice over this mixture and cook 10 minutes over a low flame.

SUNDAY'S MENU

BREAKFAST: Orange and grapefruit juice, scrambled eggs, oatmeal muffins, jelly, coffee, milk.

DINNER: Rolled flank steak, mashed potatoes, buttered carrots, mixed greens salad, cake slices with lemon sauce, coffee, milk.

SUPPER: Chili con carne, hunk of bread, mixed fruits, nut cookies, tea, milk.

SIDE GLANCES

By Gallbraith



"Helen said she was going to throw that chap over—but you know how badly girls throw!"

For "Edgy" Nerves Try Needlework

WAR BRINGS NATIONWIDE BOOM
IN EVERY BRANCH OF THE CRAFT



Needlework, both as a practical homecraft and a means of expression, is one of the oldest of crafts. Today, because of the beauty of its product and the relaxation it brings to taut nerves, needlework is enjoying a new popularity.

BY MARGUERITE YOUNG
NEA Service Staff Writer

New York.—Trade people and defense outfits report a big increase in home needlework since the war began, and you can see it yourself. Farm wives, career women, college girls are taking to knitting, crocheting, sewing. In New York, knitting needles click in crowded subway trains, in lounges scudding along Park Avenue, and in living-rooms full of Sunday night supper guests.

WE, THE WOMEN

Homemaking In Wartime Will Test Brides' Adaptability

BY RUTH MILLETT

The vine-covered cottage is out for many of today's brides. So are the sets of fine china and glass, the lovely lamps, the brand new furniture that used to go with a wedding ring.

A good many girls who marry today do not want and can't use many possessions. They have to be ready to travel at a moment's notice.

A nice, sturdy trunk, where she can pack her clothes, and a few knick-knacks for making a furnished room or apartment look attractive, are about all she needs to set up housekeeping.

Those and a resourceful nature. For if she isn't resourceful and easily adaptable to fast-changing circumstances, the 1942 bride isn't going to be very happy or make a very good marriage.

Chances are her young man is in the army—or subject to draft at any time. Not for her is the settling down that used to accompany marriage when a couple built or rented a house, filled it with furniture, went about the business of fitting themselves into a social group they meant to stay in for a long time, perhaps all their lives, and looked forward to having a family.

So she has to be resourceful to get by in 1942, if she is to see that her marriage has a feeling of permanence about it, even though it lacks the trappings of permanence. But don't worry about her. She will make a good marriage out of the chance she has at happiness. For she has known for some time that the young folks of today must manage to find personal happiness in spite of the time and that isn't much to ask for.

PERSONALITIES
Lucille Ball and Desi Arnaz are being seen by New Yorkers for the first time as an acting team, as they appear currently on the stage of Loew's State Theater. Miss Ball, who will soon be seen in "Valley of the Sun," met Arnaz on the lot of "Too Many Girls." Their romance led to marriage a year ago. . . . Edmund O'Brien, having finished "Powder Town," is vacationing in New York. . . . Richard Barthelmess, cast in RKO Radio's "The Mayor of 44th Street," is in New York to see his daughter in her stage debut.

GHOSTS

The shades of George Washington, Andrew Jackson, Benjamin Franklin, Chief Justice Marshall, Thomas Jefferson, Jesse James and Private Henry Bartholomew Smith appeared in Paramount's "The Remarkable Andrew."

Ask, and you'll get the answer: needlework "relaxes" war-torn women. What they started for patriotism, they continue for pleasure. That's scientifically sound. Mental hygienists have an axiom: "Steady hands—steady nerves."

Relief agencies say that American women are well along on the huge job they've been asked to do for soldiers. This includes about 1,000,000 sweaters to knit this winter. Judging by wool sales, trades people believe that more than half of the soldiers' sweaters were finished or partly made before Christmas.

Those who know the big, little industry which supplies the patterns, wool, cotton, thread and cloth and other materials for needlework predict that 1941's final figures will show around 50,000,000 pounds of wool used—a volume worth \$150,000,000—for knitting and crocheting. America used more balls of crocheting cotton than baseballs last year. Needlepoint alone accounted for around \$7,000,000 worth of materials used last year.

Of course not all that reflects war-inspired needlework—but it all ties in to the stress of the times. Besides easing nerves and enabling women to have more beauty in their homes than they could otherwise buy, handwork provides more jobs. It has been bounding forward in volume for the past eight years—years of increasingly difficult times.

REVIVE QUILTING BEES

First recent increase noticed by sales was in quilt-point materials. Then quilting. Church groups and rural women revived that good old American institution—the quilting bee.

About five years ago quilting, then crocheting, began to come back. The National Crochet Contest, which had 22,000 entrants in 1937, drew 400,000 women into its circle in 1941. This followed the annual Women's National Institute exhibit—a needlework and handicrafts display covering 25,000 square feet of floor space.

Hand-knitted garments, especially slacks suits, boomed in the Far West first, and soon young girls from Boston to Florida were making themselves sweaters and suits. In the Middle West, embroidery, household linens, and needlepoint remained the favorite handwork. This was further stimulated by modern packaging; department stores provide the picture to be made, the stamped goods, thread, frame, and glass all in one handy parcel, and the market for these soared.

Just as American women thus were really getting their hands in, the war came. The immediate consequence was a certain amount of

Glorifying Yourself

By Alice Hart

NEA Service Staff Writer

Maybe you don't think they're born that way. Maybe you know very well that you, with enough savvy and will power, could create an enchantress and a success too—just like the beauties that decorate magazine covers and the scintillant advertisements.

The will power is yours to find. Here's some potent advice from a man who shows the ropes to some of the very best models. Impresario Harry Conover hands it out in black and white—a printed booklet of "Do's and Don'ts" for his professional beauties. Try them yourself.

(1) "Do appear fully and charmingly dressed. The Bohemian touch went out with Elinor Glyn. Your mother must have told you that no nice little girl goes about the streets of the city without hat and gloves.

(2) "Do be on time. It doesn't do much for appearance to be late.

(3) "Don't fling your personality all over the lot.

(4) "Do arrive with makeup complete. After little numbers like Carole Lombard, Margaret Sullivan, Bette Davis and their ilk, arrive on the set at the ungodly hour of 6:45 A. M., fully made up.

(5) "Do have your hair and nails nice for any and every job. This seems too obvious to mention.

(6) "Do treat the clothes you wear with loving care. Watch your lipstick when robbing or disrobing. Take precautionary measures for personal daintiness.

(7) "Don't borrow things from the dressing room. Borrow is a nice word. Snitch is what we call it. Nasty word, nasty practice.

(8) "Don't be a busybody. A few questions about the situation are in order, but this feverish, grasping interrogation department is embarrassing as well as distinctly annoying.

(9) "The night before you have an eight-thirty appointment for the next morning, you say to your man, 'Look, you're terribly fascinating and I'm having a marvelous time, and I don't know where I get the will power, but I must tear myself away and be home by ten o'clock.'

"When he glares at you, you laugh, one of those rippling laughs and say, 'The price of beauty, you know.'

STAMP NEWS

BOHEMIA and Moravia have issued stamps to commemorate the 150th anniversary of the death of Wolfgang Amadeus Mozart who died Dec. 5, 1791. Two high values will bear a portrait of Mozart while others bear illustrations of the old Prague City Theater in which Mozart's opera "Don Giovanni" was produced for the first time.

The Russo-German War will be the subject of a series of "victory" stamps to be issued by Rumania. One design shows Rumanian forces crossing the Dniester river into Russia.

The Pan American Union will be a depository for specimen copies of all stamps to be issued by the 21 member republics. It is expected that close collaboration among the American nations in their postal affairs will bring a stronger hemisphere solidarity.

The Union will receive three sets of the stamps, one of which will be mounted on display sheets with annotated texts and will be available to accredited organizations for exhibition.

New Issues: The Dominican Republic special delivery 10-centavo stamp has been changed from yellow green to blue green. . . . Turkey is expected to release a commemorative series in honor of the 14th agricultural fair at Smyrna. . . . The Orval Abbey semi-postal series issued by Belgium last summer has appeared in two large souvenir sheets.

HARD KNOCKS

While trying to crash the movies, Laird Cregar, now Hollywood's most competent portrayal of villains, slept in a friend's sedan, ate through the generosity of another actor's friendship. Currently he is winning praise for his portrayal of the Gestapo head in RKO Radio's "Joan of Paris."

switching from other forms of needlework to knitting for defense needs, together with knitting where no handwork was done before.

It's a safe bet that the woman who knits a sweater now, and thus discovers that she can make special lovely things for herself, is not going to be idle during leisure moments after her war quota is completed.

Waterbury Sketches... By Will Danch



"Got the idea for direct lighting from one of the lamps at those bridge parties like Evelyn Clifford of Robbins street attends!"

WHAT NEXT?

THE MERCHANDISE MART



Paper caps for milk bottles have but one function but this new home substitute for them is more versatile. Placed over the bottle it converts it into a pitcher for storage of any fluid substance. Made in a variety of colors the plastic cap clamps over the bottle as shown and the liquid contents may be released by adjusting metal band enveloping the cap.

Claire Tilden

NEAT ORIGINAL HOME FROCK



Keep your housefrocks up-to-date. . . . Keep them young and attractive looking by using Claire Tilden Patterns! Pattern 403 has that original touch you expect from this noted designer. See the scallops on the bodice, the convenient side buttoning that makes this mode quick to slip on in the mornings. A set-in belt contrives to give you a wasp-waist that is most becoming—edge the belt with ric-rac or ruffing, if you like, to match the scallops and sweetheart neckline. The skirt is pertly flared for a young effect and is cut straight at the side, and bias at the center seam, back and front. A busy housewife needs an everfresh supply of just such gay frocks as this—stock up now and make several with this easy pattern! Plan one in a novelty plaid fabric like the one shown in the picture—plan another in a splashy printed cotton. You'll be surprised what an attractive street frock this makes, too—for example a long-sleeved version in dark crepe with dainty lingerie touches.

Pattern 408 is cut in misses' and women's sizes 12, 14, 16, 18, 20, 30, 32, 34, 36, 38 and 40 size. Size 16 requires 3 3/8 yards 35 inch fabric and 3 5/8 yards ric-rac edging.

Send FIFTEEN CENTS (15c) in coins for this pattern. WRITE CLEARLY SIZE, NAME, ADDRESS AND STYLE NUMBER.

Send orders to Waterbury Democrat Pattern Department, 70 Fifth Avenue, New York, N. Y.

Answers on Back Page

CRANIUM CRACKERS

ON THE BOOKSTALLS

There's always something doing in the land of literature, with hundreds of books coming off the publishers' presses every month. How well are you acquainted with some of the more recent efforts of well-known writers?

1. Name the three interpretations of books coming off the publishers' presses every month. How well are you acquainted with some of the more recent efforts of well-known writers?

2. What news commentator and reporter turned his personal chronicles into a best seller, and what is its title?

3. Does "Reveille in Washington" concern Revolutionary Civil War, World War, or present day events in the nation's capital?

4. The author of "The Citadel" has another best seller on the stalls. What is it and who is the author?

5. What new books by Willa Cather and Jan Struther are now being read?

How To Keep Well

By DR. WILLIAM BRADY, M.D.

(Signed letters pertaining to personal health and hygiene, not to disease, diagnosis or treatment, will be answered by Dr. Brady if a stamped self-addressed envelope is enclosed. Letters should be brief and written in ink. Owing to the large number of letters received weekly a fee can be answered in this column. No reply can go into queries not conforming to instructions. Address Dr. William Brady, National Newspaper Service, 320 West Madison Street, Chicago, Ill.)

SPEAKING OF PRIMITIVE SAVAGES

I said the other day that viti means, among other things, an adequate fund of reserve power to tide over emergencies and strains, the resiliency of the untamed animal or the primitive savage.

What do I know about primitive savages? Only what I read in books, newspapers, scientific journals and the like. One thing I know is that the primitive savage of the human beings who has never been taught by an "expert" how to breathe, breathes more efficiently than the individual who has been instructed or trained in such matters.

The untutored individual breathes as a race horse of a draft horse or a greyhound or a deer breathes, mainly with the belly. The individual who has received instruction in breathing, from a music master, say, or from an uneducated physical trainer, breathes mainly with the chest and generally hampers his or her breathing efficiency by voluntarily opposing or restraining the natural function of the breathing muscle, the diaphragm.

Moreover savages or members of races less cultured than our own, races or peoples to whom our "refinements" have not been introduced, generally have better posture and better carriage than we have. They certainly have better teeth, jaws and facial development than we have, and less disease and suffering than we have.

A kind of hackneyed reply to the teacher that we should restore natural food to its proper place in our everyday diet is the sniffling observation that of course we are too lardlike to eat the crude, coarse foods our early ancestors had to eat. This is the bunk. Whatever our early ancestors had to eat, they ate it. What all good nutrition authorities say is that the whole wheat flour and the crude unrefined brown or raw sugar and molasses which together yielded more than half of the calories of the diet of America a hundred years ago and incidentally about 600 international units of thiamin (B1) and proportionate amounts of the other entities of vitamin B complex, should replace, at least part of the refined white flour and refined white sugar and syrups which together yield more than half of the calories of the modern American diet but only about 50 international units of thiamin (B1) and proportionate deficiencies of the other entities of the complex.

The nutrition authorities of the day are all in accord in urging further that the diet of men, women and children today is nearly always deficient in calcium (and phosphorus, which occurs with calcium in most foods containing much calcium) and sunshine vitamin D which is essential for the assimilation, retention and utilization of calcium and phosphorus in the body. In a later talk we'll suggest how to correct these fundamental faults of modern diet without reverting to any monkey business.

QUESTIONS AND ANSWERS

Round Shouldered

I am 17, slightly round shouldered. I try to correct it by standing up straight but my clothes never seem to show that I am. Would it be too late to correct it with one of these shoulder braces they sell for a dollar? (H. M.)

Answer—Of course no brace or artificial appliance will correct it. Proper physical training, under the physical education teacher at school, or under the physical instructor at the Y would probably correct it, if

you follow it conscientiously and do as the instructor tells you. Every hour by the clock brace yourself, standing with crown of head high as though supporting heavy weight, chin in as though inside high collar, fingers clasped together at your back in a stirrup, then thumbs turned down, under and back—and hold this for a minute or so—it pulls the shoulders back into overcorrected or exaggerated correction.

Allergic Rash

Broken out with rash resembling prickly heat, but it lasted many months. Sent for your pamphlet "Relief for Allergy" and three days after beginning p. c. improvement was evident, and inside of a week the trouble cleared up had no returned. Had tried numerous internal and external remedies but obtained no relief until I got the suggestion from your column. (Mrs. S. A. C.)

Answer—Thanks. Copy of the pamphlet available on request—in close stamped envelope bearing your address.

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Tray Decorated FROM PATTERNS

Easy to Stencil and Paint

New trays for old! Pretty trays for plain!

With patterns, you can easily paint lovely floral designs on ordinary tin trays, boxes or what-not.

For a gleaming black tray with gold and silver flowers on it, first apply a coat of flat paint and then enamel.

To apply your design, you may pattern on brown paper and cut a first trace each flower-and-leaf stencil of it.

For the large center flower, trace just its outline and cut it out. Then cut another stencil of just the parts you'll paint silver.

Shellac one side of each brown paper stencil, let it dry, and shellac the other side. Then using a pounce—a ball of cotton wrapped in muslin—apply the gold enamel to the tray through your first stencil. When it's dry, apply the silver through the second stencil.

Our set, "Floral Patterns for Decorating," has actual-size patterns for the large and small floral designs. Includes instructions for tracing, stenciling and painting; detailed directions for different color schemes. Also tells how to make a plywood tray.

Send 10c in coin for your set, "Floral Patterns for Decorating," to Waterbury Democrat Home Service, 635 Sixth Avenue, New York, N. Y. Be sure to write plainly your name, address and the name of set.



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